

# VETERANS

*Get Fit for Life*



## **Take the Challenge!**

Participate in fun fitness challenges, such as *Walk & Roll* (wheelchair) events, at your local VA medical center or in your community. Also, take the *President's Challenge* for fitness at: [www.presidentschallenge.org](http://www.presidentschallenge.org)



**Want More Information?**

Check out the  
**HealthierUS Veterans**  
website.

[www.healthierusveterans.va.gov](http://www.healthierusveterans.va.gov)

or call 1-877-222-8387  
TDD - 1-800-829-4833





## Obesity: A Major Risk Factor

If you are overweight or obese, you are at an increased risk for diabetes, hypertension, heart disease and many other diseases that could threaten your health.

### There is Help!

The U.S. Department of Veterans Affairs (VA) and the U.S. Department of Health and Human Services (HHS) are on your side. We've created *HealthierUS Veterans*, an initiative to help you get fit.

### Here is What You Can Do

Stay active and eat healthy. Regular physical activity and good nutrition helps you:

- Have more energy
- Reduce body fat and weight gain
- Control your blood sugar
- Lower blood pressure
- Decrease "bad" (LDL) cholesterol and raise "good" (HDL) cholesterol



## Eat Healthy • Be Active • Get Fit For Life

- Aim for at least 5 servings of colorful vegetables or fruit each day
- Make half your grains whole grains
- Have 3 servings of lowfat milk, yogurt, cheese or other calcium-rich foods each day
- Know the limits on fat, salt and sugar
- Control calories
- Drink water or other low calorie beverages

## The HealthierUS Veterans Initiative Can Help You

### MOVE!

MOVE! is VA's national weight management program. MOVE! can help you lose weight, keep it off and improve your health. Find out more at:

[www.move.va.gov](http://www.move.va.gov)

### Be Active

Ask your medical provider about a "Prescription for Health" to encourage you to be more active. This prescription includes recommended steps to walk or distance to roll in a wheelchair.

### Find Health Information

Use My HealtheVet as an important source for information about veterans' health and wellness.

[www.myhealth.va.gov](http://www.myhealth.va.gov)

<b>R</b>	<b>Prescription For Health</b>	
	Name _____	
	Your Body Mass Index (BMI) is _____	
	Your BMI is considered too high and places you at risk for health problems such as high blood pressure, heart disease, diabetes, and other conditions.	
	<input type="checkbox"/> I strongly recommend that you increase your physical activity and use a pedometer to keep track of your progress.	
	_____ Number of steps to aim for most days of the week.	
	Signature of Healthcare Provider _____	Date _____

## Connect with Community Programs

HHS's *Steps to a HealthierUS* Programs target diabetes, obesity and asthma by addressing physical inactivity, poor nutrition and tobacco use. Many VA medical facilities and *Steps* Communities are forming partnerships to help you, your family and neighbors to lead healthier lives. Find out if your community has a *Steps to a HealthierUS* Program and how you can get involved.

[www.healthierus.gov/steps](http://www.healthierus.gov/steps)



## Eat Healthy • Be Active • Get Fit For Life

- Use the stairs instead of the elevator if possible
- Stretch while watching TV
- Take a walk (or roll) each day
- Move your body every chance you get
- Park further away from your destination